



Nov. 23, 2015

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Navajo Nation President Speaks At RIA

Russell Begaye, Navajo Nation president, spoke to an audience of about 220 people during the Native American Heritage Month observance in Heritage Hall, here, Nov. 24. Begaye, who was elected to his position on April 4, talked about his administration and how much his people respect their warriors.



"The top priority is always the warrior, because the warriors, they protect your way of life. They protect your land, they protect your language, they protect your culture -- they protect who you are," he said. "The way that we run our administration is the warriors are always honored first; they are always at the point of what we do." Begaye stated that his administration has worked hard to implement the Navajo Nation Veterans Act by improving health services to veterans, by building priority housing for veterans and by advocating for veteran employment initiatives. "There should be no such thing as a homeless veteran," he said. Begaye is the uncle of last year's keynote speaker, Lt. Col. Tracey Clyde, senior human resources integrator, G-1 (Human Resources) First U.S. Army. ([More](#))

Upcoming Dates

- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Nov. 30:** Visitor Control Ribbon Cutting Ceremony, Bldg. 23, 2 p.m.
- Dec. 1:** New RIA Access Control Procedures Begin
- Dec. 1:** New custodial contract begins
- Dec. 1:** CHRA takes over Baylor Complex
- Dec. 3-10:** Trees for Troops, Memorial Field Pavilion
- Dec. 4:** Holiday Tree Lighting Ceremony, Bldg. 60, 4 p.m.
- Dec. 4:** First Friday Social, Bldg. 60, Lock and Dam Lounge, 4 p.m.
- Dec. 5:** Covenant Cottage Child Development Open, 9 a.m. – 3 p.m.
- Dec. 5:** Santa Claus visiting Commissary, 1-4 p.m.
- Dec. 8:** Immaculate Conception Service, Lock & Dam Lounge, Bldg. 60, 12-1 p.m.
- Dec. 9-10:** MWR Holiday Craft Fair, Heritage Hall, Bldg. 60, 9 a.m. - 1 p.m.
- Dec. 9:** Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11:30 a.m.
- Dec. 11:** MVRBC blood drive, Lock & Dam Lounge, Bldg. 60, 10 a.m. - 3 p.m.
- Dec. 11:** Illinois Coalition of Community Blood Centers Annual Blood Drive Awards, Lock & Dam Lounge, Bldg. 60, 1 p.m.
- Dec. 12:** Wreaths Across America, Rock Island National Cemetery, 11 a.m.
- Dec. 12:** Army vs Navy Game, Lock & Dam Lounge, Bldg. 60, 1 p.m.
- Dec. 13:** Christmas Tea & Tour, Quarters One, 12 & 3 p.m.

POTUS Signs Defense Bill, Finalizing Military Retirement Overhaul

After an extra month wait, the annual defense authorization bill is finally law. President Obama signed the budget and policy bill on Wednesday, marking the 54th consecutive year the measure has survived Washington political fights to become law. The most significant result for troops is the renewal of dozens of specialty pay and bonus authorities, and a massive overhaul of the military retirement system. Starting in 2018, newly enlisted troops will no longer have the traditional 20-year, all-or-nothing retirement plan. Under the changes, it will be replaced with a blended pension and investment system, featuring automatic contributions to troops' Thrift Savings Plans and an opportunity for government matches to personal contributions. The new system is expected to give roughly four in five service members some sort of retirement benefit when they leave the military, as opposed to the current system which benefits only one in five. ([More](#))



DoD Working around \$17 Billion Deficit For 2017

The Defense Department has a \$17 billion deficit it is dealing with for fiscal 2017, partly exacerbated by President Barack Obama's decision this fall to keep more troops in Afghanistan. Deputy Defense Secretary Bob Work said there is a \$14 billion deficit between the two-year budget deal Congress passed at the end of October and the President's 2017 defense budget request. The extra \$3 billion comes from the decision to keep 5,500 troops in Afghanistan through 2017. Work told reporters during his visit to Halifax, Canada this weekend that DoD was in the "end-game" of 2017 budget planning. ([More](#))



'Tis the Season to Know Gift Policies

At this time of year, issues commonly arise around giving or getting gifts in the work environment. Rules are found in the Code of Federal Regulations at 5 C.F.R. 2635; many agencies also have their own policies. In general, an employee may not give, or solicit a contribution for, a gift to an official superior, and may not accept a gift from an employee receiving less pay if the employee is a subordinate. But on occasions "where gifts are traditionally given" such as the holidays, employee may give the following to an official superior: items, other than cash, valued at \$10 or less; items such as food and refreshments to be shared in the office; and personal hospitality provided at a residence which is of a type and value customarily provided by the employee to personal friends. ([More](#))



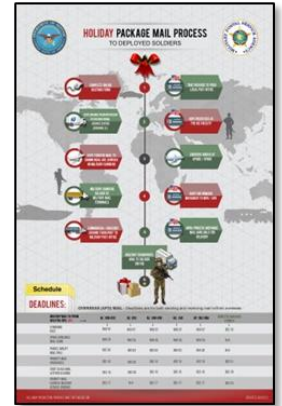
Reminder about FSA Accounts

Toward the end of the year, many employees become concerned about losing money in their flexible spending accounts due to the program's "use or lose" rules. The reaction in some cases is to attempt to spend down their accounts by making additional reimbursable purchases before the end of the year. In many cases that may not be necessary. Dependent care accounts have a grace period, during which reimbursable expenses may be charged to a plan year, running for 2 ½ months beyond the end of the calendar year. Thus, reimbursable expenses incurred until March 15 still can be charged against this year's accounts. ([More](#))



Holiday Mailing Deadlines Fast Approaching

Time is running out to send holiday packages to deployed Soldiers. In fact, Wednesday is the last day to send parcels by the affordable "Space-Available Mail," or SAM, to ensure they reach forward operating bases by Christmas. The deadline for Parcel Airlift Mail, or PAL, is Dec. 3. For those willing to splurge, Dec. 10 is the deadline for sending packages to most areas by Priority Mail and also for sending letters or cards by First Class Mail. After that, the only way to get it there in time for the holidays is by the premium Priority Mail Express Military Service. The deadline for PMEMS is Dec. 17 for most overseas locations. The deadlines are simply "to make sure people get it before Christmas," said Pete Graeve, chief of plans and policy for the Military Postal Service Agency. Another way to ensure timely delivery is by completing the online customs form before taking packages to the post office. ([More](#))



Location Changes for the Issuing Of On-Post ID Badges

Effective Monday, Nov. 23, all installation access badges will be issued at Bldg. 23, adjacent to Moline Gate. Badges are currently being issued out of Bldg. 225, the local MP station. Badges will be issued from 6 a.m. until 3:30 p.m., Monday through Friday.

Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

New Custodial Services Contract

A new custodial services contract will be going into effect **Tuesday, Dec. 1**. A few of the changes are:

- All entry vestibules will be swept/vacuumed/mopped on a daily basis during November through March to prevent winter material build-up (snow, ice and salt).
- All employees will be responsible for moving office, conference room and other separate space trash to common area trash cans (hallways, kitchen/breakrooms, restrooms). Common area trash cans will be emptied once per day.
- Restrooms are stocked with supplies daily and cleaned every other day.
- Kitchen/Breakroom cleaning is the responsibility of the users, the custodial contractor will not clean these areas.



- Child, Youth & School Services, fitness center, cafeteria and health clinic cleaning will be minimally effected by the new contract.

Additional information regarding other changes such as frequency of service can be obtained through your chain of command. [USAG-RIA DPW POC](#) or 309-782-5007

Baylor Complex Transitions from Garrison to CHRA

Effective **Tuesday, Dec. 1**, the Baylor Complex Conference rooms will be reassigned to CHRA in accordance with EXORD 164-15, Reduce the Footprint. The transition from Garrison to CHRA will be virtually seamless. The Baylor Complex will continue to be available for island-wide use on a first come basis. Existing reservations will remain unchanged. Rock Island Arsenal personnel wishing to use the Baylor Complex will request their reservations through [CHRA's SharePoint - Baylor Conference Room Reservation Site](#). Availability of the room will be reflected in the calendar. Reservation holders will be responsible for scheduling, checking out room keys, unlocking/locking, providing their own desktop/laptop, and safe operation of existing equipment. The Baylor Conference Room SOP, user manual, request form, and request link are located on the SharePoint site. If you have general transition questions, please contact: [IMRI-PL](#) at 309-782-2979; if you have SharePoint or scheduling questions, please contact: [PECH-NCR-L](#) at 309-782-0073; if you have key check-out questions, please contact: [PECH-NCR-A](#) at 309-782-5392.



Daily Dining in Bldg. 60

Effective **Nov. 2** seating for daily dining in Bldg. 60 will be temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

Trees for Troops

As a small way of saying thank you for your service, MWR in conjunction with the Christmas Spirit Foundation and Fed-Ex is once again proud to offer free live Christmas trees to all active duty military members (including Guard and Reserve components) this season. The trees will be available beginning at 12 p.m. on **Dec. 3 through Dec. 10**, or until the supply is exhausted, first come, first served so don't wait. During this time period the trees are available only to active duty (including Guard and Reserve) and their families. Self-service pick up is available 24/7, so bring the family when it is convenient for you and pick out the perfect live tree to brighten your holiday season. If there are trees available after Dec. 10, they will be made available to the rest of the Island workforce & military retirees beginning on **Dec. 11**. Pick up location is the Memorial Field Pavilion. Please call 309-782-4420 for more info. ([Flyer](#))



Annual RIA Tree Lighting Ceremony

Come ring in the holiday season Friday, **Dec. 4**, at 4 p.m., in front of Bldg. 60 and then inside Heritage Hall, at the Rock Island Arsenal Annual Tree Lighting Ceremony. The event will include a visit from Saint Nicholas himself escorted by the Rock Island Arsenal Fire Department. There will be lots to see and do including various children's activities, free keepsake photos with Santa, cookies and hot cocoa, entertainment, and door prize drawings including a grand prize Sony Play Station 4 (must be present to win). The Marine Corps Reserve will also be on hand with a collection box for Toys for Tots so please consider bringing a



new, unwrapped toy to help make some local child's holiday season a little brighter. Thanks to our great sponsors, Rock Island Arsenal Federal Credit Union and AT&T for their support. The event is open to both the Arsenal Island workforce and the public. For more info call 309-782-5890. ([Flyer](#))

First Friday Social

Come early this Friday, **Dec. 4**, for the Annual RIA Tree Lighting Ceremony and afterwards join your Island colleagues at 4 p.m. at the Lock & Dam Lounge (Bldg. 60) for a fun evening of appetizers, drinks, networking, socializing and karaoke. This event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. Call 309-782-4372 for more info. ([Flyer](#))

Immaculate Conception Service

The ASC Chaplain's Office is teaming up with the Sacred Heart Cathedral Parish of Davenport in order to provide this year's Immaculate Conception service. The service will take place on Tuesday, **Dec. 8**, 12-1 p.m., at the Lock and Dam Lounge (formerly known as the Arsenal Club) in Bldg. 60. All RIA personnel, military and civilian, are invited to come celebrate the Immaculate Conception of the Virgin Mary with us this year. Please bring your family and friends to celebrate this joyous holiday. Thank you very much for your time and I hope you have a wonderful holiday season. God Bless. Questions contact [Sgt. Henrique Magalhaes](#), ASC Religious Affairs/ Operations NCO, at 309-782-0910.



VIOS Schedule for December

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Dec. 14, 15, 16, 17, and 18**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

RIA To Be Recognized Through ICCBC Annual Blood Drive Awards Program

The Illinois Coalition of Community Blood Centers has chosen Rock Island Arsenal for recognition in its annual Blood Drive awards program. The event and presentation is being organized as a news conference that will be conducted on Friday, **Dec. 11**, at 1 p.m., in the Lock & Dam Lounge, in Bldg. 60. The event will also help raise awareness of the Island workforce's longstanding support of the blood supply and provide an opportunity for the Mississippi Valley Regional Blood Center to emphasize the need for additional donors during the holiday season. Blood is like a parachute... if it's not there when you need it, it's too late!



Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Dec. 11, 18, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the



time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

Wreaths Across America Honoring American Heroes with Remembrance Wreaths

National nonprofit Wreaths Across America is working hard to insure no veteran from the Quad-City Area is forgotten this holiday season. On Saturday, **Dec. 12**, National Wreaths Across America Day, live Balsam remembrance wreaths will be placed at the headstones of fallen veterans at nearly 1,000 locations across the country and overseas. Locally, a remembrance ceremony will be held at the Rock Island National Cemetery on this day to ensure that the 32,000 individuals buried there, who served to protect our freedoms of our country, are never forgotten. The ceremony starts at **11 a.m.** with the laying of ceremonial wreaths to honor each of the military services, POWs and all veterans, past and present. For information to sponsor a wreath contact Wreaths Across America at www.wreathsasscrossamerica.org. For local information contact Lt. Col. Tom Nielsen, 309-716-8620, il008@mediacombb.net.



End of Year Donations

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) or OPM form 630a and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Jan. 8**. Donations received after **Jan. 8**, will be posted to leave year 2016. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Dec. 25** and **Jan. 1**, no food served.

Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees —

Infinity Salon & Spa: Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID.

The Venue: Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special).

New Life Chiropractic Clinic: All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf.

Chocolate Manor: All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID.

Roosters Sports Bar and Grill: All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily.

Peachwave Frozen Yogurt: Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Closure of Sylvan Drive between Beck, Rodman Avenues

Effective Nov. 16, Public Works will begin repairing a sink hole on Sylvan Drive just south of Rodman Avenue. The work will require closure of Sylvan between Beck and Rodman. Signs and barricades will be posted to warn and direct traffic. Parking Lot 2H will remain open with access only from the South. Provisions will be made for safe pedestrian travel across Sylvan, but details are not known and depend on the excavation. The work is expected to last 10-14 days depending on the weather.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents.

Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



Closure of Bldg. 212 West Turnstile

On Monday, **Nov. 30**, DPW will close the west turnstile south of Bldg. 212. The closure is required to repair/replace the underground heat tape system and will commence at 7 a.m. on Monday, **Nov. 30**. It is anticipated that the turnstile will be reopened for normal use on or before Friday, **Dec. 11**.

Active Duty/Reserve Zone



Online Misconduct Hurts Fellow Soldiers, Army, NCOs Tell Dailey

"Facebook is an extension of the barracks," said Sgt. 1st Class Aaron Leisenring, meaning that in the old Army, what was said in the barracks pretty much stayed in the barracks. Now, online exchanges have replaced a lot of the barracks chatter. With proliferation of the use of social media by Soldiers, particularly among junior Soldiers, what is said online goes worldwide instantaneously and is often difficult to retract, said Leisenring, who is with Company B, 1st Battalion, 111th Infantry Regiment, Pennsylvania Army National Guard. Leisenring and dozens of noncommissioned officers, or NCOs, shared their thoughts with Sgt. Maj. of the Army Daniel A. Dailey during the chief of staff of the Army-sponsored NCO Solarium II, held at the U.S. Army Command and General Staff College here, Nov. 18-20. ([More](#))

'Stagnant NCOs' Hurt Morale, Readiness, Soldiers Tell Dailey

The Army has a lock on the world's best leaders when it comes to noncommissioned officers, or NCOs. But within their ranks, there are an unacceptably large number who are "stagnant," Sgt. 1st Class Matt Torres told Sgt. Maj. of the Army Daniel A. Dailey. He and other NCOs spoke at the chief of staff of the Army-sponsored Noncommissioned Officer Solarium II, held at the U.S. Army Command and General Staff College here, Nov. 20. Torres serves with the U.S. Army Reserve Command on Fort Bragg, North Carolina. He has served with active and Reserve Soldiers for 13 years and said he has seen stagnant Soldiers in all components and all ranks. But since this solarium is about NCOs, he said that's who they're focusing on. ([More](#))

Military Fatherhood Program

Calling all military dads... join us Thursday, **Dec. 10**, 5:30 - 7:30 p.m., at the Bettendorf Family Museum for a night of exploration and fun. We will have full access to all the exhibits on display as well as food and an opportunity to make a small gift for a loved one. Call 309-782-3049 for more info or to RSVP. ([Flyer](#))

2015 Military Family Month

Established in 2003 by the Armed Services YMCA, Military Family Month (MFM) is observed in November to recognize and honor Families of service members for their unique contributions and sacrifices while supporting the Army mission. MFM reiterates the Army's commitment to strengthen the readiness and resilience of the Army Family. This year's theme is "Military Families: Keeping Our Army Strong!" The collective strength of the Army depends on the people -- including Family members. Families play a huge role in every phase of the Soldier life cycle. They help Soldiers start strong, serve strong, reintegrate strong and remain strong throughout their careers. Each November, government, military, community and business leaders team up to recognize military Families through events and activities such as Family fun nights, fun runs, discounts at Morale, Welfare and Recreation (MWR) facilities, sporting events and special recognition during community activities. Active, Guard, and



Reserve leaders and Department of Defense organizations such as the Army Air Force Exchange Service and the Defense Commissary Agency frequently team up to conduct activities and events to express their appreciation for military Families. During this month, all commands, installations and units are encouraged to participate in local engagements designed to draw public attention to and illustrate public support and appreciation for the Army Family. ([More](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Garrison Safety Office Provides Bicycle Safety Tips, Requirements

Even with colder temperatures, we still have some who are riding their bicycles to work. Given this fact, we will re-emphasize the Army regulation pertaining to bicycle safety. This guidance appears in AR 385-10, section 11-11(b), it reads: b. Bicycle safety. (1) Bicycle safety will be an integral part of each installation traffic safety program. (2) Bicycle helmets approved by the Consumer Product Safety Commission will be worn by all personnel, including Family members, who ride bicycles on Army installations. Previously purchased bicycle helmets certified by the American Society for Testing and Materials may also be worn but when purchasing a new helmet, riders should look for the Consumer Product Safety Commission certification. Outside CONUS, riders may wear HN helmets if the helmet meets or exceeds Consumer Product Safety Commission standards. (3) For Government-owned three-wheeled bicycles that are operated within operational work areas, commanders may use RM procedures to determine exceptions to the helmet requirement. (4) Wearing headphones, earphones, or other listening devices while bicycling on or adjacent to roadways on DOD installations is prohibited. (5) When bicycling on roadways on DOD installations during hours of darkness or reduced visibility, bicycles will be equipped with operable headlights and taillights, and the bicyclist will wear a reflective upper garment.

Equal Employment Opportunity Focus



Army Diversity and Inclusion Roadmap

The U.S. Army's Diversity and Inclusion Roadmap (ADIR) supports Force 2025 and Beyond and contributes to mission readiness while transforming and sustaining the Army as a global leader in diversity. The new ADIR is scheduled to be published in fiscal year 2016. An inclusive mindset is crucial to recruiting, retaining and developing the human talent necessary to maintain readiness. A diverse Army represents the American people and demonstrates the strength of the committed men and women from different backgrounds working together to support the nation's defense. The Army's commitment to diversity facilitates cultural understanding and exemplifies the American principles. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Holiday Craft Fair

Get some of your holiday shopping in at our MWR Craft Fair Wednesday & Thursday, **Dec. 9 & 10**, 9 a.m. - 1 p.m., in Heritage Hall (Bldg. 60). We will have items from home baked goods, jewelry, handmade quilts and soaps just to name a few. We will have more than 30 vendors to shop from. Also if you're looking to set up a booth please feel free to call for more info, 309-782-5890. ([Flyer](#))

Army Navy Game Viewing Party

Call up your service buddies and come cheer for your team Saturday, **Dec. 12**, 12:30 p.m., in the Lock & Dam Lounge (Bldg. 60), as we watch the Army Black Knights take on the Navy Midshipmen in this annual grudge match between these two fierce rivals. The doors to the Lock & Dam Lounge (formerly the Arsenal Club) in Bldg. 60 will open at 12:30 p.m. and kick-off is at 2 p.m. There will be food and drink specials and there will also be free chicken wings courtesy of our sponsor, AUSA. This event is open to the public. For more info call 309-782-4372. ([Flyer](#))

Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on Wednesday, **Dec. 16**, at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

Time with Teddy

Parents, gather the kids and their favorite teddy bears, dolls, stuffed animals, etc. and join us Saturday, **Dec. 19**, 1-3 p.m., at Historic Quarters One, for a fun, social event featuring arts and crafts, a movie with popcorn and other snacks, a photo area, goodie bags and a special visitor from the North Pole. Cost is \$20 for one child and one adult, additional guests to your group are just \$5 each. Call to reserve your spots at 309-782-5890. ([Flyer](#))

Group Fitness Class Instructors Needed

Are you looking for some extra cash for holiday shopping? The Rock Island Arsenal Fitness Center is looking for group fitness instructors. Call us today at 309-782-6787 or tell someone you know who might want to join our team. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time.

([Menu](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Bus Trip to Downtown Chicago & Christkindlmarket

Take the MWR bus to downtown Chicago to experience the Christkindlmarket Saturday, **Dec. 12**, 6:30 a.m. - 8 p.m. Price is \$41/person and admission to the market is free. Call 309-782-5890 for more info and to reserve your seats. ([Flyer](#))

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Child, Youth & School Services



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Military Fatherhood Program

Calling all military dads... join us Thursday, **Dec. 10**, 5:30 - 7:30 p.m., at the Bettendorf Family Museum for a night of exploration and fun. We will have full access to all the exhibits on display as well as food and an opportunity to make a small gift for a loved one. Call 309-782-3049 for more info or to RSVP. ([Flyer](#))

Couples Communication Class

The holidays can be a stressful time and can be hard on relationships, get your partner and get signed up for our next couples communication class Friday, **Dec. 11**, 1:30 - 2:30 p.m., ACS Training Room (Bldg. 110), and gain knowledge and learn skills that will enhance communication in your relationships. Parents can earn two CYSS participation points for attending. Class subject to cancellation if minimum registration is not met. Participants need to RSVP to ACS 309-782-0829. ([Flyer](#))



Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Seasonal Affective Disorder

The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder, or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. Symptoms of SAD can include: • Excessive sleeping or feelings of extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities of enjoyment; • Remission of symptoms in the spring and summer months. SAD is a diagnosable disorder that may require treatment, so this November the Rock Island Arsenal Employee Assistance Program invites you to take advantage of confidential counseling services offered at no cost. The RIA EAP is located in Bldg. 56, Room 104. You may contact the EAP by calling 309-782-4357 to schedule an appointment. You can also access an anonymous free mental health screening at www.militarymentalhealth.org.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28, April 28, and July 28**; • University of Dubuque, **Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Commissary to Host Santa in December

The main North Pole resident Saint Nicholas, Saint Nick, Father Christmas, Kris Kringle, Santy, or simply Santa Claus, is coming to the Rock Island Arsenal in December! Come see Santa Claus at the Commissary, Saturday, **Dec. 5**, between the hours of 1 p.m. and 4 p.m. Make sure to bring your camera and get caught up in the holiday spirit.



Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical Society Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on Thursday, **Dec. 3** in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu for the dinner includes a garden salad, lemon thyme chicken, rice pilaf, corn and peppers, and gingerbread muffins for dessert. All dinner include rolls and breadsticks, coffee, tea and water. The total cost is \$14 including tax and tip. Our event is open to members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. For reservations call Monica at 563-650-4349 or Linda at 563-355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on Monday, **Nov. 30**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

Quarters One Opens for Christmas Tea & Tour

Quarters One on Arsenal Island opens for a Christmas Tea & Tour on Sunday, **Dec. 13**, hosted by the Colonel Davenport Historical Foundation. New this year will be two seatings, one at 12 p.m. and one at 3 p.m. Attendees of the Christmas Tea will enjoy savory and sweet delights, several types of teas, and a guided tour of the historic Quarters One mansion decorated for the holidays.

Tickets are \$25 per person, and may be purchased online at www.davenporthouse.org or by calling Judy Tumbleson at 309-786-5980. Please indicate which time you'd like to attend. There are a limited amount of tickets available the day of with no advanced reservations for \$30. Only paid attendees of the Christmas Tea will be able to tour Quarters One.

This Week in Rock Island Arsenal History – Nov. 23-29

Maj. Flagler, in a letter dated Nov. 23, 1874, that was addressed to the Chief of Ordnance, recommended that all wrought iron scrap be retained at the RIA for conversion into high grade bar iron for use in construction of RIA Shops.



Healthbeat

Practice Food Safety during the Holidays

As the holiday season quickly approaches, many of us are looking to spend some quality time with family and friends. Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind. The U.S. Centers for Disease Control and Prevention estimates that approximately 48 million people get sick from foodborne illness each year. Of those that contract a foodborne illness, 128,000 are hospitalized and 3,000 die. The following are a few food safety tips to keep you, your families and your friends healthy during the holidays. Foods most commonly associated with foodborne illnesses are raw foods of animal origin; that is raw meat and poultry, raw eggs, unpasteurized milk and raw shellfish. Adequate cooking will kill most bacteria and their toxins. Fruits and vegetables consumed raw are also a particular concern. Washing can decrease but not eliminate contamination, so cooking to proper time and temperature is vital. Also, unpasteurized fruit juices can be contaminated if there are pathogens in or on the fruit that is used to make it. The best bet is to only drink pasteurized juices. ([More](#))

Medical Readiness Assessment Tool

The Medical Readiness Assessment Tool (MRAT) is a cloud-based, three-applications-in-one electronic decision support and screening tool that allows U.S. Army clinicians and non-clinician leaders to more proactively maintain Soldier readiness. The primary objective of the MRAT is to provide timely holistic assessments and interventions to preserve unit readiness to at-risk Soldiers. Within the constraints of Health Insurance Portability and Accountability Act and privacy rules, the MRAT provides leaders and clinicians a powerful tool for mitigating factors that threaten individual medical readiness. The program office responsible for the MRAT, the OTSG/MEDCOM, G-8/9, Innovative Clinical Analytics (ICA) team, has developed a fully operational tool and a sustainable process for ensuring high quality information is displayed in the MRAT. This includes the processing of 28 million rows of data using 10,000 lines of code to clean the data and calculate Medical Non-Deployment risk for all active component Soldiers each month. The ICA team developed a complete training package, including a 94 page How-to handbook and highly rated instructor-led, hands-on learning. Finally, the ICA team has rolled out the MRAT to Army Medical Department (AMEDD) leadership and clinical staffs at 15 Army installations. Finally, the ICA team has rolled out the MRAT to Army Medical Department (AMEDD) leadership and clinical staffs at 15 Army installations. ([More](#))

Notes for Veterans



Agent Orange Ships List Updated

VA maintains a list of U.S. Navy and Coast Guard ships associated with military service in Vietnam and possible exposure to Agent Orange based on military records. This evolving list helps Veterans who served aboard ships, including "Blue Water Veterans," find out if they may qualify for presumption of herbicide exposure. Veterans must meet VA's criteria for service in Vietnam, which includes aboard boats on the inland waterways or brief visits ashore, to be presumed to have been exposed to herbicides. Veterans who qualify for presumption of herbicide exposure are not required to show they were exposed to Agent Orange or other herbicides when seeking VA compensation for diseases related to Agent Orange exposure. ([More](#))

Disabled Veteran Leave Law Only Applies to New Title 5 Feds

The new law providing a full year's sick leave up front to new federal employees who are disabled veterans only applies to those hired on, or after Nov. 5, 2016. The 2015 Wounded Warriors Federal Leave Act gives 104 hours of sick leave up front to first-year feds who are vets with a service-connected disability rating of at least 30 percent to attend medical appointments related to their disability. It also only applies to those new feds who are covered under Title 5 leave provisions, and including employees of the Postal Service and Postal Regulatory Commission. Non-Title 5 disabled veteran employees hired on or after Nov. 5, 2016, including those at the Federal Aviation Administration and Transportation Security Administration, are not eligible for the new benefit. Many jobs at the Veterans Affairs Department, for instance, also are not covered under Title 5. Title 5 governs most, but not all, of the federal personnel system. Current federal employees who are disabled veterans also are not eligible for the new type of leave. Obama signed the bill into law on Nov. 5, 2015, and it applies to those hired a year after its enactment. ([More](#))

Around the Q.C.



Dec. 4-5: [Christmas in the Village](#) (East Village, Davenport)

Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)

Dec. 6: [Holiday Open House](#) (Quad City Botanical Center, Rock Island)

Dec. 6: [Reindeer Ramble](#) (IBEW Union Hall, Moline)

Dec. 6: [Winterfest](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)

Dec. 12: [Santa Fun Run & Social](#) (1318 4th Avenue, Moline)

Dec. 12: [QC Holiday Expo](#) (Rock Island Center for Math and Science, 2101 16th Ave, Rock Island)

Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)

Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)

Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)

Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)

Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)

Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)

Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)

March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)

April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)

April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)

May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight

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[Col. Elmer Speights, Jr.](#), Garrison Commander; [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged](#). All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line](#).

